

LIVELIGHTER SALAD BUILDER

Create delicious, healthy salads to help you LiveLighter®!

CHOOSE MOST

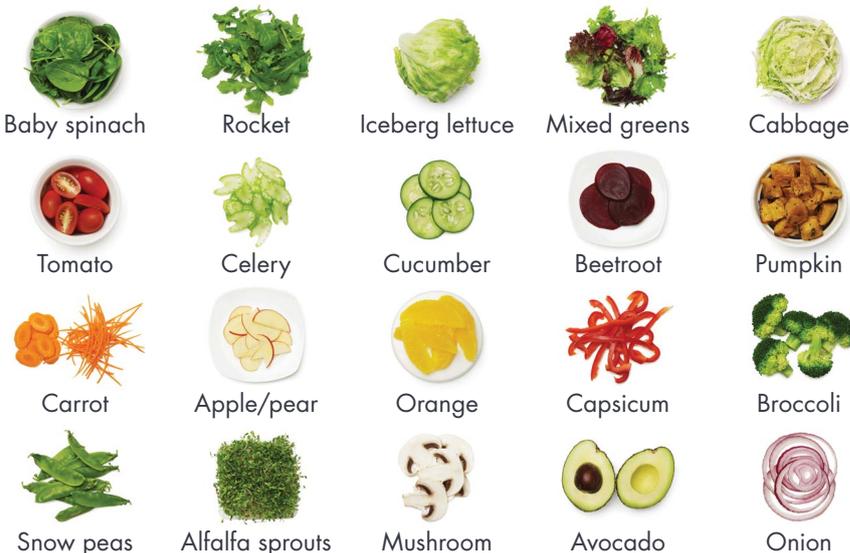
Fill at least half your bowl with colourful vegetables.

Leafy greens

These form the foundation of your salad. Place them at the top of your lunchbox to keep them crisp.

Fruit and veg

Have these raw, cooked or canned and choose a variety of colours. Go for at least two serves of veg. One serve of veg is 75g - that's about one cup raw or half a cup cooked.



CHOOSE SOME

Choose one serve from each group. These ingredients will transform your salad from a side dish to a main meal, but make sure the veg are still the hero.

Grains and cereals

Keep this to ½ a cup, and try to choose wholegrain varieties.

Meat and meat alternatives

These will make your salad more satisfying. Choose lean and skinless varieties. Aim for one serve (approximately 80-100g), which is about the size of your palm.



ADD A LITTLE

These optional extras add excitement to your salad.

Crunchy bits

Crunchy additions for extra texture.

Bursts of flavour

Use for a small dose of big flavours.

Dressing

Store in a separate jar and add to your salad at the last minute to keep it fresh.



Partner:



Government of **Western Australia**
Department of **Health**



SOME OF OUR FAVOURITES

Jewelled Couscous Salad

Preparation time 10 minutes | **Serves** 1

Ingredients

- ▲ ½ cup baby spinach leaves, washed and dried
- ▲ ½ celery stick, finely sliced
- ▲ ½ carrot, peeled and chopped into small cubes
- ▲ ½ cup broccoli florets, lightly steamed
- ▲ ½ cup cooked couscous
- ▲ 90g cooked chicken breast, chopped
- ▲ 1 tablespoon slivered almonds
- ▲ 1 tablespoon dried cranberries or fresh pomegranate seeds
- ▲ 1-2 teaspoons of reduced-fat salad dressing, optional

Method

Mix together all ingredients except dressing (if using).
Add dressing just before serving.



Asian Slaw with Sweet Chilli Tuna

Preparation time 10 minutes | **Serves** 1

Ingredients

- ▲ ½ cup cabbage, finely sliced
- ▲ ½ carrot, peeled and grated
- ▲ ½ celery stick, finely sliced
- ▲ 3 snow peas, topped & tailed and finely sliced
- ▲ ¼ apple, finely sliced
- ▲ ¼ cup cooked brown rice
- ▲ 90g can tuna in sweet chilli sauce

Method

Mix together vegetables, apple and rice.
Add tuna just before serving.

Hint

Squeeze a little lemon juice on the apple after slicing to prevent browning, or slice it up at the last minute.



Fiesta Salad

Preparation time 10 minutes | **Serves** 1

Ingredients

- ▲ ½ cup iceberg lettuce, shredded
- ▲ 3 cherry tomatoes, halved
- ▲ ⅛ capsicum, seeded and chopped
- ▲ ¼ Lebanese cucumber, chopped
- ▲ 1 slice red onion, chopped
- ▲ ¼ avocado, chopped
- ▲ ¼ cup no-added-salt canned corn, drained and rinsed
- ▲ ½ cup no-added-salt canned kidney beans, drained and rinsed
- ▲ 1 tablespoon coriander leaves, chopped
- ▲ 1 lime wedge

Method

Mix together all ingredients except lime. Squeeze lime over salad just before serving.



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